

# JULY 2014

## DSDHH Newsletter



### 19th Year

Robert G Sanderson Community Center  
of the Deaf and Hard of Hearing  
5709 South 1500 West Taylorsville, UT 84123-5217

Help the DSDHH Newsletter go GREEN!

Please go to our website,  
[www.deafservices.utah.gov](http://www.deafservices.utah.gov) and click “Subscribe to Newsletter” to be added to our email blast list!  
Beginning with the newsletter in April, we will only continue to mail a printed newsletter to those who do not have access to email.



*This information, presentation, class or other activity is provided at the Sanderson Community Center for interested individuals. The Sanderson Community Center staff encourages participants and individuals to consider all options and experiences and does not endorse nor recommend this specific information, presentation, activity or any individual class, product or service.*

# HEARING LOSS IN OLDER ADULTS IS AN IMPORTANT FACTOR CONTRIBUTING TO DEMENTIA

BY MARILYN CALL, SCCDHH DIRECTOR

Important Research findings show that hearing loss in older adults is strongly associated with depression, loneliness and earlier signs of dementia.

Two important points

- These studies did not include people who have been Deaf most of their lives who use ASL and associate with the Deaf community.
- It's important for both Deaf and Hard of Hearing people to understand the implications of this research because it applies to our family members who are seniors. Two out of 3 seniors 70 and older will become Hard of Hearing.

The studies I read demonstrated that seniors with hearing loss have a 30% to 40% accelerated risk of cognitive decline. Older people without hearing loss lose many of their cognitive abilities over 10 years

compared to a person with hearing loss that happens faster in 7.7 years.

This research also showed that the people with moderate, severe and profound hearing losses had more severe dementia complications. The tests for cognitive functioning included verbal and non-verbal testing.

Why is this an important study?

The prevalence (how often it occurs) of older people with dementia will double every 20 years because the world's population is aging and living longer. Taking care of seniors with dementia is very expensive for tax payers. Family caregivers of persons with dementia are tremendously burdened as they try to work,

take care of their own children, grandchildren and elderly parents with dementia. Nursing home costs are out of reach for lower and middle income Americans so family caregivers are often the only option.

It has become a high priority for the National Institute of Health to study what health factors may be contributing to early dementia.

Hearing loss is now identified as an important factor. What is not known yet is – why? Will treating hearing loss as soon as it is identified with hearing aids, assistive technology devices, hearing loops, etc. and educating families on how to keep their parent with hearing loss engaged and connected to life prevent dementia and rapid cognitive decline?



Theories about why this strong association with hearing loss and dementia occurs including the following:

1. Is there a common neuropathological origin (problem in the brain) that causes both hearing loss and cognitive decline to happen together?
  2. Does dementia happen because the hearing loss causes communication difficulties, which lead to loneliness and depression and isolation?
  3. Does the increased cognitive load that hearing loss creates in the brain contribute to dementia? What this means is that a hearing loss makes understanding what another person is saying much more difficult. MRI's and other imaging testing of the brain show that the brain compensates by recruiting other parts of the brain to help understand speech which leaves less brain power for other cognitive processes such as working memory.
  4. Could the problems pointed out in #1, 2 and 3 combine together to synergistically interact with other known risk factors for dementia to contribute to overall decline?
- Further studies need to be designed to test out these theories and to determine if early, comprehensive treatment of hearing loss can help halt or delay dementia related to hearing loss. The best course of action now is to share this information with older family members who are Hard of Hearing and encourage them to get the devices they need to continue communicating with family, friends and community.
- Information for this article was taken primarily from the Journal of the American Medical Association, January 21, 2013.

## Counseling internship at DSDHH

*By Kim Thornsberry, CRC, LVRC*

*CMHC Student Intern/Case Manager*

I have some exciting news to share with you. In the last three years I have been taking a course per semester through University of Utah to become a Clinical Mental Health Counselor (CMHC) in addition to my Master's degree in Rehabilitation Counseling with the Deaf. These courses are to meet Utah Department of Occupational License requirements. The next two semesters, starting May 12, 2014 ending December 19, 2014, I will be completing a counseling internship at the Sanderson Community Center of the Deaf and Hard of Hearing. Beginning in 2015, I will continue to meet with clients once I am provisionally licensed.

I will be providing individual, group, couple, and family counseling to individuals who are Deaf or Hard of Hearing in American Sign Language. Services are free. No insurance is required. I am able to meet with people in Taylorsville.

To set up a counseling appointment, please contact me via VP 801-657-5227 or email at [kthornsberry@utah.gov](mailto:kthornsberry@utah.gov)

# COMMUNITY FOR CHANGE

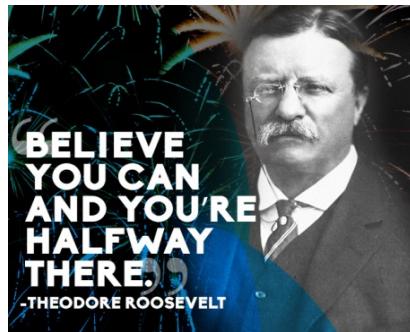
JOENE NICOLAISEN, PROGRAM DIRECTOR

July is a month of important celebrations, Independence Day on the 4<sup>th</sup> of July and Pioneer Day on the 24<sup>th</sup> of July. Both holidays honor the brave men and women who have made our county, our state and our lives better. These people had visions for creating change so that we can live our lives freely. What a wonderful gift we have received from them.

Another visionary of change was Dr. Robert G. Sanderson who was a key leader in creating the Sanderson Community Center for the Deaf and Hard of Hearing here in Utah. Dr. Sanderson had the vision of creating a place where people who are Deaf and Hard of Hearing can come to receive services and to also embrace our Deaf Culture. He saw a place without communication barriers and a place where we can continue meeting the needs of our community for years to come. Dr. Sanderson fostered change, but not without the help of the community.

As the new program director for the Sanderson Community Center for the Deaf and Hard of Hearing I am excited to be a part of making future changes at

the center to provide for the on going needs of our community. When I stop and look back of all



of the changes that have happened since my employment here 12 years ago, I am amazed. There has been such a tremendous amount of changes in technology that has given us easy access to each other and the world. There have been many advances in medical options for those who wish to improve their hearing loss. Deaf culture has evolved too. Many creative and professional Deaf people have impacted our lives in positive ways with arts, theater, certified Deaf Interpreters and advocacy leadership.

The word "change" can spark various emotions from fear to excitement. Fear is common with change due to the unknown and not be able to project what will

happen or what an outcome may be. There is also fear of failure. It is human nature to resist change for fear of making mistakes. Mistakes can actually be helpful by guiding us on which directions to take. The biggest mistake would be letting fear paralyze us. Threats to our center and funding could occur if we are not demonstrating changes. Excitement comes with the thought of all of the possibilities!

With these thoughts in mind, I am happy to announce that this Fall we will be developing a 3 to 5 year strategic plan to help us improve and create new programs here at the Sanderson Community Center for the Deaf and Hard of Hearing. To help us prepare, we will be hosting several "town hall" meetings to gather ideas from community members to incorporate into the plan. We will also be encouraging people to give us their ideas for programs, workshops, events etc. This can be done any time by going to our web site and taking the Community Education Survey. Go to [www.deafservices.utah.gov](http://www.deafservices.utah.gov).



Your ideas and input would be greatly appreciated!

Change is guaranteed.

Nothing ever stays the same, so let's embrace change and use it to take us to new heights! There are many great quotes from

famous people to inspire us to create change. Two of my favorites are: "Be the change you wish to see in the world," Mahatma Gandhi and "Believe You can and you're half way there," Theodore Roosevelt.

Please join us in being part of this exciting time to bring the services and programs at the Sanderson Center to the next level.

Happy holidays everyone!

Joene

## Free Legal Advice



Talk private with lawyers from the Utah Legal Services if you have concerns about:

- Employment discrimination
- Social Security issues
- Food stamps
- Medicaid/Medicare
- Landlord/Tenant Issues
- Discrimination
- Divorce
- Custody
- And other issues

Interpreters will be provided.  
Tele-conferencing is available throughout the state!

**When:** (Every 2<sup>nd</sup> Wednesday of each month)

**July, 2014 – \*\*NO Clinic Scheduled\*\***

**August 13, 2014 contact for appointment by August 8**

**September 10, 2014 contact for appointment by September 5**

**Where:** Sanderson Community Center of the Deaf and Hard of Hearing, 5709 South 1500 West, Taylorsville, UT 84123

**Time:** 3:00 PM – 5:00 PM

Appointment is required. Please contact Laurie Bishop at 801-657-5209 (vp) or email at [lauriebishop@utah.gov](mailto:lauriebishop@utah.gov).

**Any ADA accommodations need to be requested when making an appointment.**



Volunteers have been and are “VALUABLE PRIZES” to the Sanderson Community Center of the Deaf and Hard of Hearing for many years. When I came to work at the center, I named the group of volunteers, Gold Hearts Volunteers, because like any other jewelry or bar, the human heart made of gold is very valuable, and it is valuable to many programs at the Sanderson Center.

Some volunteers helped with small loads of work to lighten up an employees’ workload. Some volunteers came to support the large events that the planners deeply appreciate. Some volunteers came to do basic work as such as filing, stuffing envelopes, and other minor errands for the secretaries. Without them...all sizes from simple to hard tasks, from small to big favors and from easy to challenging events would not have been accomplished without Gold Heart Volunteers stepping up and helping out!

The Deaf and Hard of Hearing Festival is the biggest event and many volunteers put forth great efforts into making that important day a success. The annual summer day camp for the deaf and hard of hearing in June has given the opportunity to the campers to understand what the Deaf Culture is all about, especially the hearing and hard of hearing. The holiday-related events have given all involved many memories; the volunteers enjoyed watching the cute children with ASL or as being the CODA (Children of Deaf Adults) of the families.

The Sanderson Community Center benefits greatly from the support of the volunteers, the volunteers may be benefited as well, volunteering for us may help guide where they would like to take for their future studies. Again, their “gold” hearts of spirit, desire, and goals have led them to experience our Deaf and Hard of Hearing culture better. In exchange for their valuable time, the students of ASL classes and interpreting programs have learned what they would like to do as teachers, interpreters, or use ASL in their vocations.

We cannot say thank you enough!

# TECHNOLOGY CORNER

BY MITCH MOYERS, OUTREACH AND ASSISTIVE TECHNOLOGY

This is feature dedicated to all the available technology that is emerging in our community every day. This article spotlights the recent devices designed to benefit the Deaf and Hard of Hearing. They provide access to opportunities that were once difficult or inaccessible to individuals.

## Access Possibilities Using Google Glass

I recently had a conversation with my wife about how differently we communicate now because of the advancements of technology--particularly in regards to mobile devices and videophones. 17 years ago while we were dating, and I was working up the courage to one day ask her to be my wife, access to mobile devices and videophones did not exist. I cannot say we had NOTHING to help us communicate away from a TTY or AOL IM. We did have paging devices. However, with those devices, you had to call the corresponding phone number, and then enter in your phone number after the prompt. Since we cannot hear the prompt, we would count to 10, enter a call back number, and then cross our fingers that the message was received. We even became creative and added additional numbers which corresponded with a pre-conceived message. Numbers like, 55, 25, 10, etc... Those numbers would represent messages like, "I'm on my way." Or, "Are you free tonight?" Or even, "Miss you, love you." (Remember, we were dating and love was in the air!)

Now we have iPhones, Android devices, Blackberries, Window Phones, and much more. Amazon just announced a new "Fire Phone" smartphone. All these devices allow texting, instant messaging, email, access to social media sites, and even videophones. All on the go! No more sitting in front of a TTY and having a 45 minute conversation that can be done in 5 minutes thru video phone!

It is advancements like these that excites me, gives me hope that one-day communication between EVERYONE will be seamless and unintimidating. Mobile devices and others are still quite new. Relevantly speaking, we are in the infancy stages of emerging devices that will one day accomplish the goal of communication between all individuals, regardless of their native language, or if they are deaf or hard of hearing. It will also provide access to individuals who are blind or visually impaired. The list goes on.

With this in mind, I would like to share with you an article I recently read on KSL.COM. It is about students at BYU who have come up with a way to use Google Glass to provide interpreting in dark settings. The idea is exciting and the concept is quite innovative. I can imagine years later, something like this could be available and many locations, which will provide access to Deaf and Hard of Hearing individuals.

To read about this article, please go to:  
[news.byu.edu/archive14-may-signglasses.aspx](http://news.byu.edu/archive14-may-signglasses.aspx)  
There is also a video, which demonstrates this technology. Are you as excited as I am?



To view this video, go to: [youtu.be/oI5RMHfgUQk](https://youtu.be/oI5RMHfgUQk)



**Basketball Clinic taught by  
NBA player who is Deaf!**

**Save the date – August  
4 – 7, 2014**

**AM – Ages 8 – 12**

**PM – Ages 13 – 18**

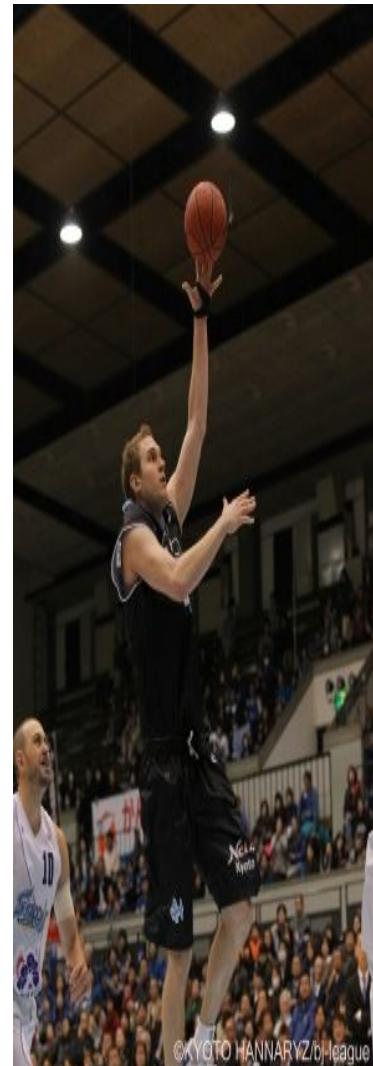
**Additional information will be coming  
soon!**



**At the Sanderson Community  
Center of the Deaf and Hard of  
Hearing**

**Boys and Girls are welcome!  
Siblings of Deaf or Hard of  
Hearing are welcome!**

Email Joene at  
[jfnicolaisen@utah.gov](mailto:jfnicolaisen@utah.gov) if you  
are interested in attending this  
Basketball Camp.



Camp will be taught by Lance Allred, a professional basketball player is the first deaf player to play in the NBA when he signed with the Cleveland Cavaliers in 2008. Lance played at the University of Utah and Weber State University and has since been playing professional basketball all over the world.

## **Coming Events in the Autumn of 2014**

Sanderson Community Center of the Deaf & Hard of Hearing  
5709 S. 1500 W., Taylorsville, UT  
Contact: Eli McCowan \* emccowan@utah.gov \* 801-513-3984

### **Teens Community Services**

**Friday & Saturday, September 19 and 20**



### **Maturity Conference & Luncheon**

**Saturday, October 11  
9:00 am to 2:00 pm**

### **2014 Fall Bazaar**

**Friday, November 6  
5 pm to 9:00 pm**

**Saturday, November 7  
9 am to 4:30 pm**

For more information on the flyer, go to  
[http://deafservices.utah.gov/?page\\_id=854](http://deafservices.utah.gov/?page_id=854)

**Booth Application Deadline: October 24**



### **Children's Holiday Party**

**Saturday, December 6, 2014  
10 am to 2 pm**

### **Volunteers' Holiday Banquet**

**Friday, December 12 \* 5 pm to 8 pm**





# EMPLOYMENT CORNER



## TIP OF THE MONTH:

### PREPARING FOR AN INTERVIEW CHECKLIST

- **Do Research on the Company:** In most of the interviews, you'll be asked questions to see what you know about the company. Do your research a few days BEFORE the interview!
- **Have Directions:** It's BEST to drive to your interview location the day before and park so you know how long the trip takes so on the day of the interview, you'll know exactly where to go and won't be late.
- **Bring Your Resume and Job/Professional References:** use an inexpensive two-pocket folder in blue, since this color appeals to both men and women. Put your resume on the left side, and your letters of recommendation and list of references on the right. At the interview, you can say, "I wanted to bring an extra copy of my resume -- here it is," and open the folder, turning it around for the interviewer to read. This shows you are organized.
- **Bring a Pad and Pen:** You can take a few notes during your interview (while being careful not to stare at your notepad the whole time) if you'd like. This shows respect and makes them feel you are listening to the interviewer.
- **Hide Your Cellphone:** If you have to take it with you to the interview, please make sure it is off and in your briefcase or purse- make sure others cannot see it. It shows disrespect to be interrupted during an interview.

- **Have A Smile:** A smile immediately tells the interviewer(s) that you're friendly and helps them feel more comfortable with them.

**Need help finding a job?  
Having problems at your job  
and need advice?**

**Contact me and I can help.**

## Contact Information:

**PAMELA MOWER  
Statewide Employment Specialist**

**Email- pmower@utah.gov  
VP- 801-657-5223**

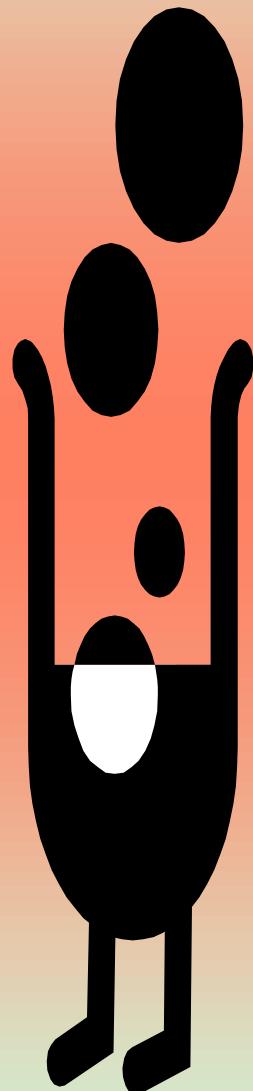
# 2014 Fall Bazaar

Sanderson Community Center  
of the Deaf & Hard of Hearing  
5709 S. 1500 W. \* Salt Lake City, UT

*November 7<sup>th</sup>: 5 pm–9:30 pm*

*November 8<sup>th</sup>: 9 am–4 pm*

Deadline for turning in the booth  
application by mail, online, or at the  
front desk is...



**Friday ,**  
**October 24, 2014**

# 2014 Fall Bazaar

**November 7 & 8, 2014  
(Friday and Saturday)**

Sanderson Community Center of the Deaf and Hard of Hearing  
5709 South 1500 West, Taylorsville, UT



**Please print clearly!**

## **Exhibitor Application**

Contact: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Name of Company: \_\_\_\_\_

Type of Business: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Voice: \_\_\_\_\_ VP: \_\_\_\_\_

What specifically do you plan to sell: Breakable \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**For food sales, you must have the current permit. Please attach the copy of it to the application. For more information on how to get the food permit, please contact emccowan@utah.gov**

Electricity? yes \_\_\_\_ no \_\_\_\_      Lattice Board? yes \_\_\_\_ no \_\_\_\_      Data Connection? yes \_\_\_\_ no \_\_\_\_  
**→ (for the crafters only!) ←**      (use our WIFI)

## **Contract of Agreement**

- I understand the committee will place booths as seen fit and to accept or reject entries.
- I understand that the Robert G. Sanderson Community Center of the Deaf and Hard of Hearing is not responsible for loss, theft, or damage.
- I accept responsibility for my own display.
- I accept responsibility for my representatives to be at my booth at all times.
- I understand that my booth will be handled by a maximum of 4 people
- I agree that my booth will remain open during all bazaar hours.
- I will handle the prompt removal of my booth after the bazaar closes at 4:00 pm, Saturday, November 8th, 2014.

Signature: \_\_\_\_\_ Title: \_\_\_\_\_ Date: \_\_\_\_\_

# Crafters of Utah

## 2014 Fall Bazaar

November 7 & 8, 2014  
(Friday and Saturday)

### Booth Reservation

→ Please circle which booth you want to rent ←

Booth 10' by 10'	Date	Deposit	Fee
Two Booths	Friday evening and Saturday	\$10.00	FREE
One Booth	Friday evening and Saturday	\$10.00	FREE
Two Booth	One day - either Friday or Saturday	\$10.00	FREE
One Booth	One day - either Friday or Saturday	\$10.00	FREE

(Deposit fee for the reservation fee will be given to you in person at the end of the booth's clean up)

No RSVP in advance until you send a check or money order. (**no cash, please!**)  
Please make it payable to:

“Sanderson Community Center of the Deaf & Hard of Hearing”  
& write “Bazaar 2014” on the memo line

Please include your application along with your reservation fee

### Booth Support

#### Name of People Attending:

(Up to 4 people behind the booths – no kids under 16, please)

Friday, November 7<sup>th</sup>, 2014 from 5:00 pm to 9:30 pm

A. \_\_\_\_\_ C. \_\_\_\_\_  
B. \_\_\_\_\_ D. \_\_\_\_\_

Saturday, November 8<sup>th</sup>, 2014 from 9 am to 4 pm

A. \_\_\_\_\_ C. \_\_\_\_\_  
B. \_\_\_\_\_ D. \_\_\_\_\_

#### DEADLINE:

Mail the first two pages & 1 check by Thursday, **October 24, 2014** to:  
SCCDHH, c/o Fall Bazaar, 5709 S. 1500 W., Taylorsville, UT, 84123

**Exhibitor's Information Sheet**  
**KEEP IT WITH YOU!**

**2014 Fall Bazaar**

**November 2014**

**Sponsored by Robert G. Sanderson Community Center of the Deaf & Hard of Hearing**

**OPEN to PUBLIC: Friday, November 7 from 5:00 to 9:30 pm  
Saturday, November 8 from 9 am to 4 pm**

**Furnishings:**

- ☛ Tables & folding chairs: Only one rectangle table per booth table per booth and two folding chairs
- ☛ Limited electricity – must reserve in advance
- ☛ Limited lattice board – for the crafters only - must reserve in advance

**Sales items not allowed:**

- ☛ Yard sale or flea market items
- ☛ Flammable or kerosene oil use candles
- ☛ Knives, guns or real-looking toys

**What to bring your own supplies for your booth needs  
(If you forgot to bring something, go to Walmart and buy it)**

- Surge Protector
- Power Cord
- Wireless laptop
- Your own enough electric hookups and hooks to display your items & equipment
- Display Board (if you miss the chance to reserve the lattice board)
- Your own table (for inside the booth area of 10' by 10')
- Table cloth
- Utensils and slow cookers (if you miss the chance to reserve the slow cooker)
- Coolers and ice

**Rules:**

Time for Set Up	Friday	12:00 Noon to 4:30 pm
Time for Set Up	Saturday	7:30 am to 8:30 am
Take down time	Saturday	4:00 pm to 6:00 pm

- ☛ Someone must be at booth during the hours of operations listed above
- ☛ Participants are responsible for cleaning up your own area before you leave or deposit will NOT be refunded.

**For more information, contact:  
Eleanor McCowan at [emccowan@utah.gov](mailto:emccowan@utah.gov)  
VP 801-513-3984 to catch me or leave message**

## Schedule of Events

4th OFFICE CLOSED  
24th OFFICE CLOSED

8th: Tuacahn providing ASL interpreted show "The Wizard of Oz" Please get flyer from us and go to the Tuacahn ticket office to purchase your ticket. (Request interpreted seating section)

9th Tuacahn providing ASL interpreted show "The Little Mermaid" Please get flyer from us and go to the Tuacahn ticket office to purchase your ticket. (Request interpreted seating section)

11th Iceberg Drive inn ASL Social  
St George Blvd in St George 6pm to 8pm

11th Movie in the Park at Town Square St. George 8:45 "Frozen" (open caption)

19th Dixie Outdoors ASL Club (DOAC) Hiking Day at Zion Canyon. Meet at SUDHHP 8am to follow or carpool. Two optional trails, come join them.

25th Brad's Food Hut ASL Social in Cedar City 6pm to 8pm

25th Movie in the Park at Town Square St. George Utah 8:45 "Flyboys" (open caption)

29th **SUDHHP Job Fair**. SUDHHP bringing Different community resources that you can network to find gainful employment. 10am-2pm See Flyers for details

### SAVE the DATE

Dixie Outdoors ASL Club (DOAC)  
Campout August 7-9th

ASL interpreted Tuacahn show Aug 19th, Aug 27th  
"Joseph Amazing Technicolor Coat"

SUDHHP & UAD Annual Picnic  
September 13th 12-4pm

# JULY 2014



"OUR MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING BY PROVIDING EDUCATION, ADVOCACY AND ACCESSIBLE SUPPORT"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>Continued ASL Classes</b>	2	3	4 <b>OFFICE CLOSED</b> Independence Day	5
6	7 Cont.. Mom/Dad & Me ASL classes	8 <b>Tuacahn "The Wizard Of Oz"</b>	9 <b>Tuacahn "The little Mermaid"</b>	10	11 Iceberg Ice Cream ASL Social Movie in the Park	12
13	14	15 	16	17	18	19 DOAC Hiking Day 
20	21 	22	23	24 <b>OFFICE CLOSED</b> Pioneer Day	25 Brad's Food Hut ASL Social Cedar City Movie in the Park 	26
27	28	29 <b>SUDHHP Job Fair</b> 	30	31		

For more information on state services [www.deafservices.utah.gov](http://www.deafservices.utah.gov)  
Checkout our Facebook page:  
["Southern Utah Deaf and Hard of Hearing Program"](#)

\*\*\*\*\* PLEASE NOTE \*\*\*\*\*

Remember to always RSVP to reserve your spot at any of the activities.  
Let us know if you need any ADA accommodations when you RSVP.  
Thank you.

# How to Have a Successful Interview

*Tuesday July 29, 2014*

*6:30p -7:30p*

*Presenter: Pamela Mower*

*Statewide Employment Specialist for the Deaf and Hard of Hearing*

**\*Presented in ASL\***

*Want to learn how to do a great interview?*

*How to convince employers to hire you?*

*Come to this presentation and learn!*

*To RSVP by **July 28**, please call 435-767-0113 (VP) or 435-673-8974 (voice)*

*and if you need voice interpreting, please put in a request at the time of RSVP.*

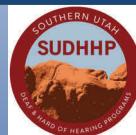


## One on One meetings for your Job Search

*Meet with Pamela Mower at SUDHHP*

*Email Pamela at [pmower@utah.gov](mailto:pmower@utah.gov) to make an appointment **before**  
**July 28th** to meet with her between July 29-July 30.*

1067 E. Tabernacle, Suite 10 St. George, UT 84770



[deafservices.utah.gov](http://deafservices.utah.gov)

*This information, presentation, class or other activity is provided at the Southern Utah Deaf and Hard of Hearing Program (SUDHHP) for interested individuals. SUDHHP staff encourages participants and individuals to consider all options and experiences and does not endorse nor recommend this specific information, presentation, activity or any individual class, product or service.*

# Job Resources Panel

Tuesday July 29, 2014

Panel - 10:00-12:00

*Presented in ASL and spoken English. Interpreters provided.*

Finding work can be hard. SUDHHP will be hosting a Job Resources Panel to bring in different community resources that you can network with to find a job.



- Pamela, **Employment Specialist** from the Division of Services to the Deaf and Hard of Hearing (DSDHH)
- Ray from **Workforce Services**
- Mindy from **Vocational Rehabilitation (VR)**
- Michael from **Job Corps**
- Gina from **Easter Seals**

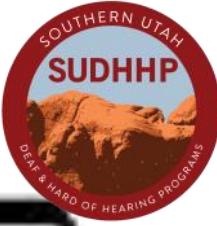
Please **RSVP by July 28, 2014** at 435-767-0113 (VP) or 435-673-8974 (voice) if you are planning to attend. If other ADA accommodations are needed, please put in a request at the time of RSVP.



1067 E. Tabernacle, Suite 10 St. George, UT 84770

[deafservices.utah.gov](http://deafservices.utah.gov)

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# TUACAHN AMPHITHEATRE



## The Little Mermaid

Interpreted  
Performances:

Wednesday July 9 and  
Monday Aug 18, 2014

## The Wizard of Oz

Interpreted Performances:  
Tuesday July 8 and  
Thursday August 28, 2014

## Joseph and the Amazing Technicolor Dreamcoat

Interpreted performances:

Tuesday Aug 19 and  
Wednesday Aug 27, 2014

Bring this flyer to the Tuacahn ticket office (will call) to purchase your tickets. Request seating in the "Reserved Interpreted Seating Section". Only 50 seats per showing are available



## July is UV Safety Month

### How can UV Safety Month make a difference?

We can all use this month to raise awareness about skin cancer and help people take action to prevent it – both at home and in the larger community.

#### **Skin cancer is the most common type of cancer in the United States.**

Ultraviolet (UV) rays from the sun are the main cause of skin cancer. UV damage can also cause wrinkles and blotchy skin. **The good news?** Skin cancer can be prevented! Communities, health professionals, and families can work together to prevent skin cancer. Make a difference: Spread the word about strategies for preventing skin cancer and encourage communities, organizations, families, and individuals to get involved.

#### **Sun Safety**

The sun's ultraviolet (UV) rays can damage skin in as little as 15 minutes. Protect your skin use sunscreen or wear protective clothing when you're outside, even in the shade.

#### **Clothing**

Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the most protection. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

#### **Hat**

Wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.  
Baseball cap, prepare to protect your ears and the back of your neck.

#### **Sunglasses**

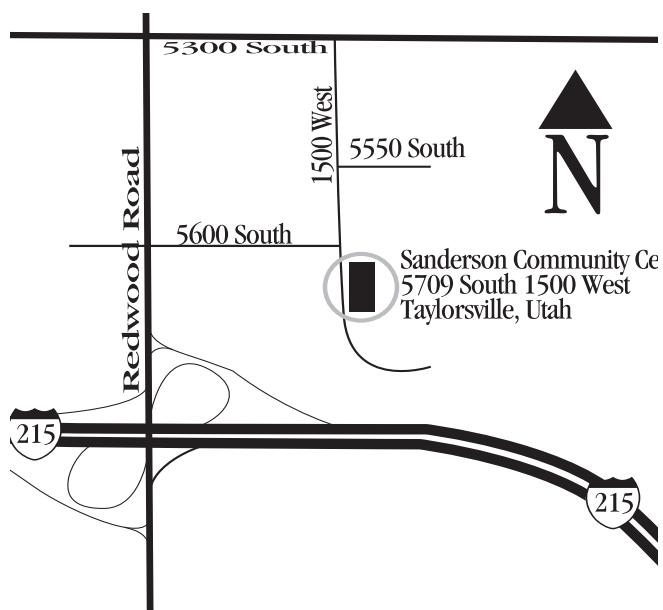
Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Sunglasses that block both UVA and UVB rays offer the best protection.

#### **Sunscreen**

Sun protection products tend to work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV ray, higher numbers equal more protection. Recommended sunscreen should be at least SPF 15. Sunscreen wears off so reapply when you have been in the sun for more than two hours or after swimming, sweating, or toweling off.

# Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West  
Salt Lake City, Utah 84123-5217  
RETURN SERVICE REQUESTED



## Map To DSDHH

For information regarding deadlines and submission of flyers, please contact us at: 801.657.5200

## Did You Know?

You can also view this newsletter and other current information online at:  
[WWW.DEAFSERVICES.UTAH.GOV](http://WWW.DEAFSERVICES.UTAH.GOV)

## Mission Statement

*To provide opportunities and programs to individuals who are deaf or hard of hearing which enhance or maintain the skills necessary to fully participate in their employment, family and community.*